

Serving the local community since 2001

# Back in Shape



## Physiotherapy & Pilates



### Helen's Mat Classes

#### Term dates: 2023 Term 4

Start: Monday 9 October 2023

End: Monday 18 December 2023

I have restricted casual attendance in recent terms in order to regulate class sizes. However, from this term on I am happy to accept casual attendees for all classes that are not full.

#### Alphington Bowls Club

Parkview Rd, Alphington

#### All ages and abilities classes

Mon: 12.15-1.15pm

5.30-6.30pm (Golf Pilates)

7.00-8.00pm

Wed: 5.30-6.30pm (Zoom only)

Fri: 9.15-10.15am

10.30-11.30am

**Cost:** Mon: 10-week term: \$280

Wed: 10-week term: \$280

Fri: 10-week term: \$280

#### St. Andrews Uniting Church

87 Gillies Street, Fairfield

(Classes available Live and on Zoom)

#### Over 50s class

Mon: 9.20-10.10am

Thu: 9.20-10.10am

**Cost:** Mon: 10-week term: \$180

Thu: 10-week term: \$180

#### Limited mobility class

Mon: 10.30-11.20am

**Cost:** 10-week term: \$180

#### PUBLIC HOLIDAY ALERT:

There will be no class on  
Melbourne Cup Eve on Monday 6  
November

### Time to head to the library

When you sign up for one of my Pilates classes, you get the added bonus of being able to access my huge library of past classes. I do not charge any extra for this amazing resource, and you can use it as much as you like.

Different people will find these past classes to be useful for different reasons. Here are a few suggestions on how you might be able to gain the most benefit from this resource, depending on your own requirements or situation.

In addition to the class you attend every week, you can opt to do a second or third class a week online. Here, you have the choice of doing the same class in order to really perfect the specific exercises we are currently working on, or you might want a bit of variety. In the latter instance, you can work your way through the last term's classes, or indeed pick any previous class from the library.

As my regular attendees will know, each week throughout the term I add a few progressions. If you miss a class, you will also miss out on the subtle progression from one week to the next. However, by accessing the online class that you've missed, you will be able to catch up on the class you missed at any time that suits you.

There is a gap between terms and many of you wish to be able to continue your Pilates during these breaks. Utilising the online classes is a great way to keep yourself in shape during the holidays in order to be best prepared for the beginning of the new term. This is especially advantageous if

you sign up for Term 4's classes, as you can then use the library throughout the whole six-week break.

### Aged care Pilates

#### A solution for facility residents

One of my Limited Mobility Class participants recently went into the St Vincent's Aged Care facility in Kew. Her daughter, who also attends my classes, was keen for her mum to continue to enjoy the benefits of Pilates.

As a result, I have been talking to the nursing home to determine how we can best accommodate access to my Pilates classes for residents. We have agreed that for the cost of a single participant for one term, the whole aged care facility will be able to access my Zoom link and online classes.

There is an in-house personal trainer who will organise and supervise a group of participants to do this together. Trials will commence shortly.

So if you have a friend or family member in an aged care residence, or indeed any other connection with the industry, and you think this concept could be beneficial, please feel free to invite a representative from the facility to contact me.

If you want to 'shake things up a bit', you can cherry pick an occasional class from any previous term. It is worth remembering, however, that the early classes in any given term will be gentler than those later in the term. If you have been attending a class for some time, you might find yourself pleasantly surprised by how your ability has improved since you did any of the older classes the first time.

Within the library, you also have access to the 'Short Workouts and Tips' classes. Each of these are typically 10-20 minutes in duration, and include a morning warm up, roller and tennis-ball self massagers, a bone-builder workout, and a spinal release session using trigger balls.

So no excuses! Missing a class does not mean missing a class! And there's no reason to lose focus or fitness during the holidays.



## Healthy habits

In a world of increasingly unhealthy lifestyles, it is worth trying to adopt a few healthy habits to help offset both our sedentary existence and our less-than-perfect diets! As with all activities—good or bad—the more often you do them, the more habit forming they become.

### Squats

Everybody should aim to do at least one set of squats a day. In his book, *Just One Thing*, television journalist on medical matters, Dr Michael Mosley, suggests we do a set of squats as soon as we get out of bed. Not only does it help wake us up, but it also gets the exercise out of the way early and lets you feel that you have achieved something before your day has even begun!

Squats are great for strength training our thighs and buttocks, and have also been shown to increase blood flow to the hippocampus—the part of the brain responsible for memory, learning, and growth of new brain cells. In fact, squats have been proved by Professor Damian Bailey at the University of NSW to be more effective in this regard than either running or walking.

- To start, see how many squats you can do with ease. It might only be four or five, but as you persevere they will become easier.
- Stand with your feet and knees hip distance apart. If you feel you need support, stand behind a chair.
- As you lower your body into a squat, bend your knees and stick your bottom out as if you are about to sit down—but don't! Go as low as you feel comfortable.
- Return to the standing position in a slow and controlled fashion.
- You can add in arm swings to help balance and increase momentum, and really get the heart and lungs working.
- Only do as many reps as you can pain free and with good form up to a maximum of two minutes per set. If you enjoy the exercise, feel free to perform more than one set a day.

## Go the Hoers

I am proud to announce that I have recently become a sponsor of the Ivanhoe Football Club. As part of this commitment, I attend the club every Tuesday evening from 6.00-7.30pm to treat players and give advice, all at no charge. Furthermore, if players require additional physio outside of this time, I offer discounted rates for further treatment.

Ivanhoe Football Club first joined the Victorian Amateur Football Association in 1934, and is one of the oldest clubs in the VAFA. It has elected to go up to the Northern Football League (NFL) for next season.

Currently in Division 1, the Ivanhoe firsts—'The Hoers'—won their grand final last season (see photo, taken by Phil Skeggs). The Ivanhoe girls' team—'The Ivies'—started five years ago to give the local girls similar opportunities to pursue their footy dreams.

I'm sure I do not need to convince many of you that football is a great sport, and in many ways it delivers much more than that. It provides fitness, fun, a sense of camaraderie and community, plus a great many social opportunities. For the members of Ivanhoe Footy Club it is more like family.

The club is always keen to welcome new players, so if you are keen to play, or you have a son, daughter, brother, sister, friend or colleague who might enjoy the challenge, please check out the website at [ivanhoeafc.com](http://ivanhoeafc.com) or contact the club by email at [iafcsecretary@gmail.com](mailto:iafcsecretary@gmail.com).

